

## Week 6 Discussion: Middle Adulthood Development

### Required Resources

Read/review the following resources for this activity:

- Textbook: Chapter 15, 16
- Lesson
- Minimum of 1 scholarly source (in addition to the textbook)

### Initial Post Instructions

**Option 1:** In your readings this week, there is an extensive discussion on the physical decline that adults in their middle adulthood may likely face. What are some small steps that a 30-year-old patient can take now that can help reduce some of the negative physical consequences that they could experience at 50-years-old? Address at least 2 of the 6 listed:

- Diet
- Exercise
- Substance use, abuse, dependence (caffeine, nicotine, THC, etc.)
- Stress
- Sleep
- Sexual behaviors

**Option 2:** You are likely aware that a person's cognitive functioning can affect their social and emotional well-being. For this discussion, you will be responsible for integrating the concepts of chapters 15 and 16. The textbook tells us that the number of relationships may decline in middle adulthood, just as processing speed and working memory may also decline. What are some ways that people can integrate social activities/ make friends or nurture the relationships that they have, while simultaneously improving their cognitive functioning?

Some examples may include activities like:

- Dance lessons
- Choir
- Chess clubs, etc.

### Follow-Up Post Instructions

Respond to at least one peer. Further the dialogue by providing more information and clarification.

### Writing Requirements

- Minimum of 2 posts (1 initial & 1 follow-up)
- Minimum of 2 sources cited (assigned readings/online lessons and an outside source)
- APA format for in-text citations and list of references

### Grading

This activity will be graded using the Discussion Grading Rubric. Please review the following link: Link (webpage): [Discussion Guidelines](#)

### Course Outcomes (CO): 1, 3

**Due Date for Initial Post: By 11:59 p.m. MT Recommended by  
Wednesday Due Date for Follow-Up Posts: By 11:59 p.m. MT on Sunday**

**Posts must be on separate days.**

Hello Class,

For this week's discussion I have decided to go with option 1.